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The Classmate: Naval Postgraduate School Officer Students' Wives' Club Magazine / Vol.20, no.7 (August 1979)

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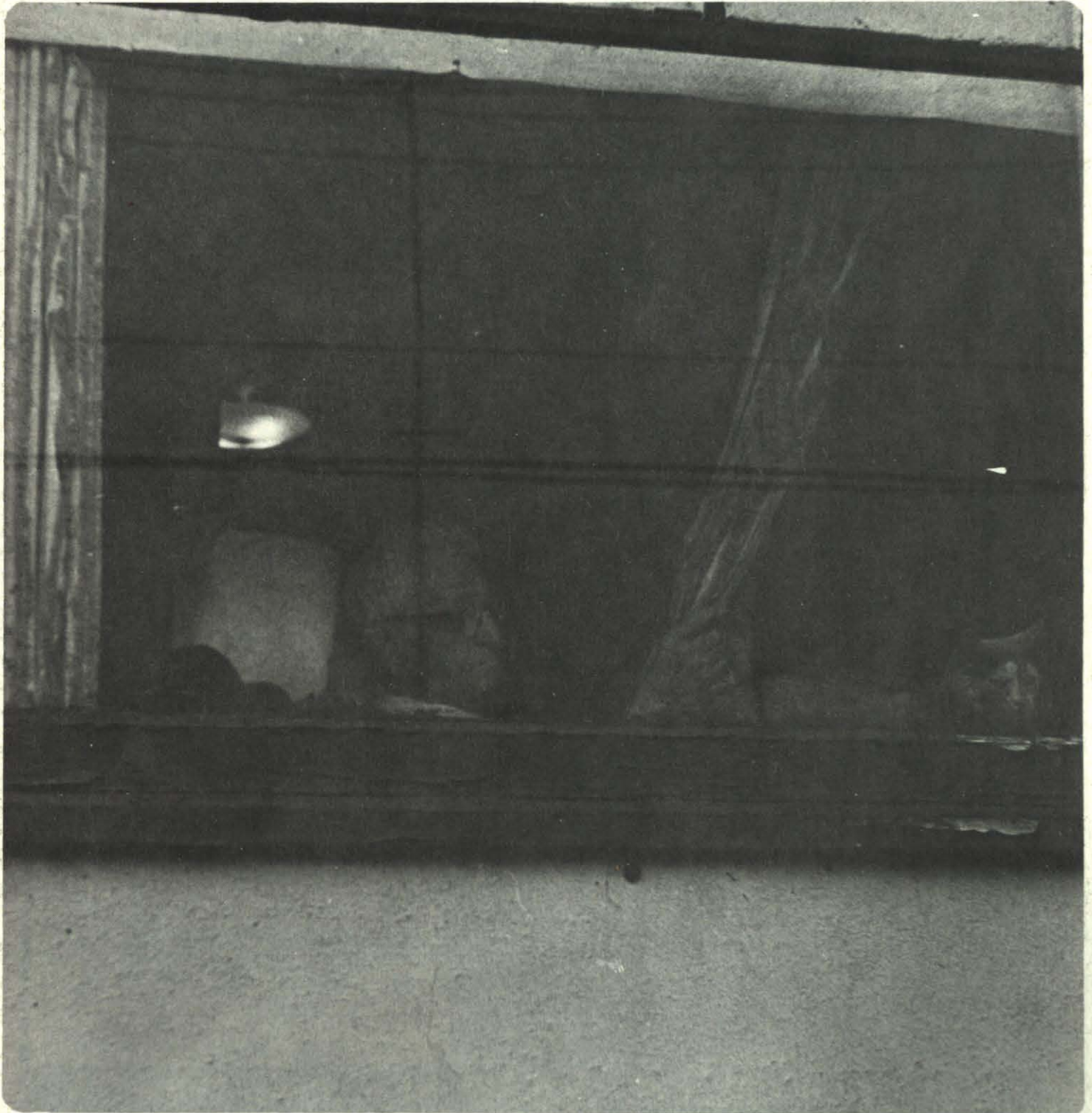
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in this issue...

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ON THE COVER:
The Waiting Age
PHOTO BY:
Roo Hartel

editor's notes

Our world is full of wonderful things that make life worth living with fun-filled moments we all cherish. Periodically, I think it's necessary to reflect upon some of the more unfortunate happenings and deal directly with problems that exist in this society.

Social problems may be ignored—but they won't disappear. My objective in choosing these topics was not to offend or frighten anyone, merely to bring them into perspective and possibly provide some needed support. You will find some unpleasant subjects discussed in the following articles, but nothing untrue or exaggerated.

Franz Kafka said: "You can hold back from the suffering of the world, you have free permission to do so and it is in accordance with your nature, but perhaps this very holding back is the one suffering that you could have avoided."

There are people who choose to live their entire lives without ever helping another human being. With pain, suffering, despair and cruelty all around us, it would be much easier to stay inside a safe and secure self-imposed cubicle while all

those terrible things are happening outside. I find them difficult to ignore.

I hope you will benefit from our research and be able to utilize the information we have provided. The *Classmate* staff has tackled quite a job this month — for you.

You will notice a familiar name gracing the pages of *Classmate* once more: Ann Malokas, guest columnist, past editor. Ann is sharing some of her traveling experiences with us in her most enjoyable writing style. I'm sure you will appreciate some of her helpful hints in the near future. Thanks, Ann. We miss you.

With the constant turn-over here at the Naval Postgraduate School, we are in constant need of new people on our *Classmate* staff. If you are interested in joining us, please call me at 649-5866.

Photography, writing or proof-reading— we have a position open.

Thank you. □



Carol Pilcher
Editor-in-Chief

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OSWC news

Six months ago when Laurie Cobb handed me the president's gavel, the farthest thing from my mind was writing a farewell article. Time has rushed by, the six months truly are over, and it's time to write this final article as I prepare to turn the gavel over to the new president. I hope she has a great six months and comes to her final article with the same feelings I have now. There have been times that I wondered why I ever decided to take on such responsibilities, but there have been twice as many times that I have been thankful I did. The "bad" times will soon fade from memory but the good times will never be forgotten.

There would have been many more bad times than good had I not had such wonderful women backing me on the Executive and Governing Boards. When we started out, I knew only two of the women on the Executive Board and a handful of the Governing Board members. Most of these women were new to OSWC and many had just arrived at NPS. I hope none of them regrets jumping right in. I know at least three are still glad to be involved as they are preparing to serve on the next Executive Board. We must be doing something right!

As president, I get a whole page of the *CLASSMATE* each month to express my feelings. This month I want to use the page to thank all the people who helped me. First on the list has to be my wonderful husband who willingly listened while I ranted and raved (not too often I hope) and who enjoyed the sleeping (usually) children while I was out at still another meeting. I only remember you complaining once or twice while it seemed I never stopped. Thank you for being YOU, Steve, so I could have this chance to be me.

Robin Hanson was one of the women who jumped right in and took over what I feel is the hardest job on the Executive Board. As First Vice President, she was responsible for planning and executing all the programs OSWC offered and made sure each was a terrific success. She was also responsible for a monthly article, was liaison to the curricular representatives, initiated more of a voluntary system for section liaisons. Thank you, Robin, and thank you Walt, for sharing your wife with us during your first year of marriage and for all the help you gave to her and to us.

Diane, thank you for all the times you were able to call those long discussions (that were getting us no where) to a halt by reminding us all that time was up. All

the new mothers thank you for the visits and the plants. All of La Mesa thanks you for your efforts with the student council to make this a safer community. And now, Gary, Shannon, and Sherri will be able to thank you for staying home — on a Monday night!

Susie, thanks for being at all the meetings and recording the minutes when all you wanted to do was go to sleep. Soon, OSWC will be just a memory - pleasant I hope - as your rock your new little baby to sleep each night and get to bed at a decent hour!

Jill, thank you for all the hours you poured over the books preparing them to go to the tax consultant. Thanks for gathering all of our mail (and Pete, thank you for collecting it) and getting it to the board members. I know that it often felt thankless but we really did appreciate you doing it for all of us.

Mary Ann, I purposely left you for the last because as a neighbor and good friend, you were there the most. I know Dave will enjoy seeing a little less of me, but I hope that doesn't happen. You were there to remind me that I was never alone when the bad times got to me. Because you were with me during this time, my faith in God grew. Probably because you were also there when things were going right to remind me that I wasn't the one responsible for that. The OSWC is most fortunate to have Barbara Barron as our advisor. She is so much more than that. Her knowledge of the past several years of OSWC history helped me many times. Barbara, you never refused to talk, no matter what the issue or time of day and I will never forget you. The OSWC will suffer much when you leave NPS. Perhaps we could get your husband permanently assigned here!

Each committee member and curricular representative did an excellent job. I appreciate your patience and eagerness to try new ideas to improve the club. Many friendships have been formed because of this time and I hope you'll all stay with OSWC while you are here.

I would also like to thank all the men who are so conscientious about bringing home the Pink Flyer, *CLASSMATE*, and OSWC flyers, and for watching the children while we participate in the activities sponsored by the club. The children appreciate having you with them, too!

We will remain in Monterey for another six months and for the first time in 18 months, I'll not serve on the Governing Board. I'll miss it, but there are many new women out there who want to get involved and make this club even better than it already is. Support the new board and the programs they offer. I'll see you at as many as I can attend. On Monday nights, however, I'm staying HOME!!



Lori Hoipkemeier
President



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As I sit here trying to find a cute way to begin my Farewell Address, I must use a tired cliché - I can't believe the time has passed so quickly. Truly, it has. The past months have been filled to the brim with activities, meetings, phone calls and friendship. There have been moments of panic and indecision. There was the evening a friend brought his special girl to meet us and had to wade through piles of Pink Flyers being assembled in our living room and dining room. UGH!

I have so appreciated the help and enthusiastic backing of the other members of the Executive Board and our advisor, Barbara Barron. The other special group who has been my work crew so frequently is the CR's from each of the curriculums. Without their support and pitching in, we would not have been able to offer so many different activities. Thank you all so very much.

One last event reminder — don't forget the Fashion Show and Installation of New Officers coming up August 16. The buffet salad luncheon will be followed by a preview of fall fashions from Holman's. You should have received more information and a reservation form thru your SMC box. If you've got any questions, please call me at 649-6761.

Thank you all for your feedback on activities and for your support. Thank you, Walt, for putting up with me and all the confusion. And I'm glad I was able to help the OSWC in some way. I hope I get to meet more of you all in the months ahead. □



Robin Hanson
First Vice President



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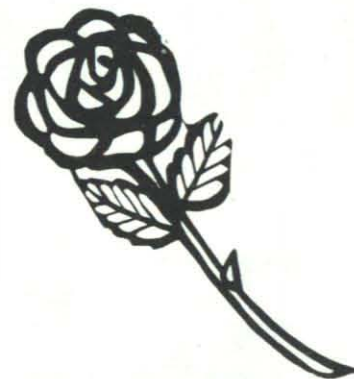
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Friends come and go so quickly here. As I near the end of my term as Welcome Aboard Chairman, I am even more aware of that than ever. It makes me more grateful that I have been fortunate enough to have been able to meet so many of you. These last six months have been truly educational for me, having just arrived in Monterey in January. The OSWC not only welcomes new comers to the area, but tries to get them involved from the moment they arrive; I am proof of that! This is not a club run by a select few; I encourage everyone to get into it; they really welcome your support and help.

I'd like to thank the two Welcome Aboard Assistants: Debbie Shaw, who was in charge of the **CRAMALOT** productions; and Andrea Ballard, who was in charge of the hostesses. Thank you, too, to all the wonderful hostesses: Deborah Hodgins, Connie Morgan, Lawrann Gamble, Linda Olson, Linda Kirtley, Karen Brennon and a special thanks to Kathy McKinley. You've been great. Debbie Shaw will be taking over as Chairman next month, I hope she has as good an assistant as I had.

Thank you Lori, for entrusting such a newcomer with this job. I truly enjoyed it. Thank you to everyone - smooth seas always. □

Mary Barrie
 Welcome Aboard Chairman



OSWC COURTESIES: Courtesies are extended by OSWC in the form of flowers or cards to student wives who are hospitalized, seriously ill, or who have had a birth or death in the family. If you know of anyone to whom flowers or a card should be sent, please contact Diane Taul, 646-9708. □

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Polly Haydon - President

Presently chairman of Ways & Means for both OSWC and PTA.

Was Sec./Treas. of OWC in Puerto Rico.

Interested in needlepoint and taking classes of all kinds. Was a buyer for a department store.



Mary Barrie - 1st Vice-President

Presently chairman of Welcome Aboard.

Teaches Aerobic Dancing 4 classes/week.

Has 2 daughters, is interested in needlepoint.

Gwyn Thurman - 2nd Vice-President

Co-chairman OSWC Ways & Means.

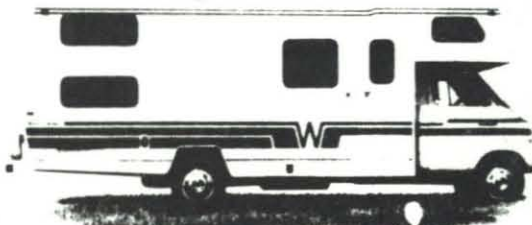
Vice-President of PTA.

Interested in stained-glass and needlework.

Active member in previous wives clubs.



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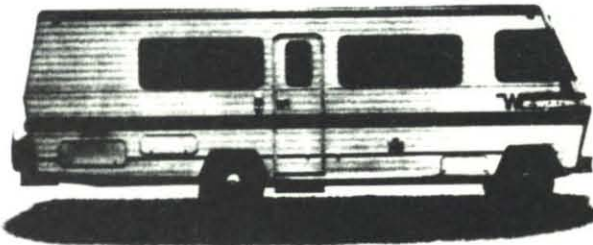


Minnie Winnie -

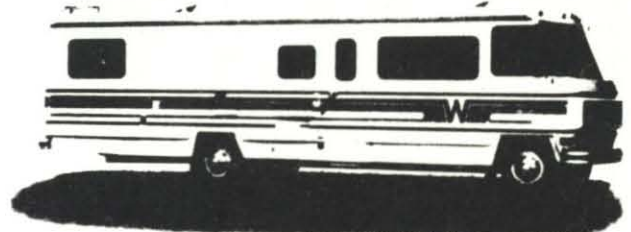
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Sue Green - Recording Secretary

After getting settled last term, is now interested in getting involved—planning an aerobic dancing class and tennis lessons.

Interested in needlepoint and cooking.

Damon Rogers - Treasurer

Very active in previous wives' clubs. Has done volunteer work for Navy Relief Society.

Enjoys racketball, tennis and needlepoint.

Spends most of her time being mommy to 15 month old and 1 month old. □



**Honorary President
Bettye Dedman**



**OSWC advisor
Barbara Barron**

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naval postgraduate school news



NPS Little Theatre

Little Theatre News
by: Linda Olson

The Naval Postgraduate School Little Theatre proudly announces its summer production of *Beauty and The Lonely Beast* to be performed August 18, 19, 25, 26 at 2 p.m. in King Hall. The story follows the traditional fairy tale and should be fun for children for all ages. Tickets are fifty cents and will be on sale at the door. □

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Located in Herrmann Hall, near the Student Mail Center. Artwork, available for sale, by the Military Wives Art Association, can be viewed Monday through Friday from 11:30 a.m. to 2:30 p.m. as well as from 6:00-9:00 p.m. on Friday evenings.

Artists, come join the Military Wives Art Association. Here is a unique opportunity to display and sell your artwork at the Eagle's Eye Art Gallery at NPS. There are no dues, just fellowship, fun, learning experience, and financial benefits. For more information, please call the gallery at 372-3565 during the above mentioned hours, or write the gallery, addressed to SMC #1086. □

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Military Ball

By Sean Hess

Sloat and the Savannah

With it's beautifully restored Adobes and the winding ocean drive, Monterey holds much for the tourist. Not a small part of its charm is the Naval Postgraduate School and the annual Military Ball. This year the theme of the ball will be based on Commodore Sloat's landing and the raising of the National Ensign to claim California for the United States. If this piques your interest in local history, make plans to attend. This year the Ball is to be on Saturday the sixth of October. The evening will open with a no-host cocktail hour during which you will be able to view models of aircraft and ships provided by the Monterey Model Guild. Cocktails will be served in the El Prado and the El Rancho Rooms from 6:00 p.m. to 7:00 p.m.

Dinner will be served at 7:30 featuring a champagne toast followed by a Caesar Salad with a beef entree accompanied by baked potato with sour cream and rolls and butter. Dessert will be birthday cake and coffee. (To compliment the meal a Vin Rose has been chosen.) Dancing will

follow with music provided by the WAVE LENGTH combo from the Twelfth Naval District Band. Tickets for this gala event will be \$15.00 a person. Ticket sales begin on the eleventh of September at 10 a.m. until 4 p.m. and the next two days at the same times. Reservations sell out quickly so make plans early.

NPS child care center will remain open for this event and you can make reservations for your child by calling 646-2734 starting the 26th of September.

This year as in the past the photographer from Trend Studios will be available to capture this evening for you in a color portrait.

Dress for the evening will be long formal attire for the ladies and dinner dress blue jacket or it's equivalent for the gentlemen. Remember, tickets go on sale the 11th through the 13th. So please make your plans early and attend the only formal event sponsored through the PG school by the OSWC.

Tickets will be sold on a non-refundable basis. □



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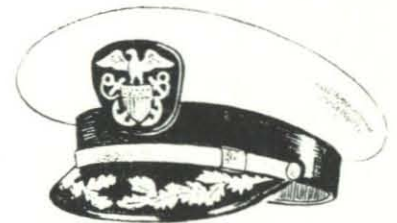


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Front L to R:

Jean Davis, Assistant Chairman;

Sean Hess, Chairman

Back L to R:

Consuelo Woodford, Decorations;

Susie Etheridge, Reservations;

Eileen Leonard, Program

Not in picture:

Nancy Ware, Publicity



Away From It All

GO EAST!

by Ann Malokas

Random thoughts on driving coast to coast with one husband, three children and an elderly camper van.

Vital statistics: 19 days, 4500 miles, 950 potty stops.

NPS spouses, don't give up hope. Within hours of leaving Monterey the human information processor I had been living with for 18 months showed definite signs of being a delightful person.

Those who think California is without seasons are all wrong. There were signs of spring as we left Monterey. Winter and snow drifts were much in evidence as we drove through Yosemite. And we enjoyed summer in Sacramento — all this within a 24-hour period.

Traveling with children, psyche-wise: 3 year old PJ started to fall apart as we took down the first curtain rod at Bergin Dr. and showed every sign of physical, mental and emotional distress the entire trip. When we reached Virginia he snapped out of it in spite of additional weeks in a motel.

Seven year old Tony was our most enthusiastic traveler, but after 2 hours in a motel in Virginia he was very close to being a brutally battered child.

Two year old Erin was just herself—which in her case is problem enough.

Amount of Lady Grecian formula I need after this trip: GALLONS!

Feeling very fortunate department: a patch of blue sky and sunshine stayed with us most of the way. We were close to, but never bothered by, floods, snowstorms or tornadoes.

In our license plate hunt we logged 49 states, the District of Columbia and three Canadian provinces. Only South Dakota was missing.

A definite factor in helping us survive

the trip, and in making this gypsy life worth it, were the old friends along the way who welcomed us with a hide-a-bed, a full refrigerator and a washing machine.

Bumper sticker of the month: "If this RV is rockin', don't bother knockin'?" When our RV was rockin' the children had OD'ed on sugary junk food.

If I had any doubt about a child's natural desire to learn, I doubt no longer. We spent a fortune on paperbacks along the way to answer Tony's questions about geography, geology, archeology, history and wildlife. I had already decided to throw away the TV when he commented that of course he understood metamorphic rocks; he had learned the word metamorphosis from watching Incredible Hulk.

PJ showed an amazing degree of reading readiness by watching for the S on the Safeway stores along the way and the K for K-Mart. We thought we would be smart and teach him M for men, but would you believe restrooms are getting cutsie-poo with grammas and grampas, lads and lassies, gents and dames.

We kept the Trident company, bubble gum division, in business. I kept them quiet and happy for hours. Tony even learned to make a decent bubble. Peanut butter really does get gum out of hair.

What must they be thinking: After asking at least every hour whether we were in Virginia or not, PJ decided that whenever we were staying at someone's house, instead of a campground or motel, that this was our new home. But in a doubting mood one night he said, "Mommy, I don't see any Virginias here."

Anyone who has been to southern California is easily sold on Solar energy. After going through Kansas and Oklahoma we wonder what the energy folks think of windmills.

Trip guilt trip: the terrible evening after a horrible day when I gave the children ginger ale and potato chips for supper and threatened them with instant death if they weren't asleep by six.

Our children are quite normal—that is, capable of arguing and tearing each other apart over a misplaced STAR WARS' card. Such was the mood as we started out. It could be that life at 44 mph is as drastic on my brain tissue as it is on my stomach muscles, but there seemed to be a change after a few days. There was activity, naturally, and noise and blood. There was also a hint of fun and cooperation, as many giggles as screams. Is it possible they knew they were stuck with each other and were trying to cope in their own way? Sometimes I feel greatly encouraged about families in general—ours in particular.

I guess I knew he had covered many miles but I didn't realize how far we had gone until we came into the Eastern time zone, and I knew I could call my mother in New Jersey without worrying about whether she would be asleep.

There are those travelers who curse the neon nightmare of chain restaurants, motels and campgrounds. I bet they aren't traveling with children. We have been known to pray for Ronald McDonald or worship the pavement in front of a Motel 6 or a Kampground of America.

When we were a few miles from our destination, instead of relief, a new set of terrors took over. I had survived the trip, could I survive the next challenges? For one more time in twelve years we were in a strange place that would become our home. Would we find a place to live? Would we find a friend? Would we like it here? But that's another story ... □

feature section

WHERE IT'S HAPPENING

by Deborah Raines

The lazy, hazy days of August are upon us, and with them come some traditional Monterey activities sure to appeal to all. The Monterey County Fair is a summer institution on the peninsula with fun and activities for all ages. Car buffs eagerly await the Historic Automobile Races at Laguna Seca and the Pebble Beach Concours d'Elegance, and music fans will enjoy the Sunday afternoon concert series in Carmel's open-air Forest Theatre. For children, the NPS Little Theater presents "Beauty and the Lonely Beast." Whatever your pleasure, have a great time!

Aug. 3, 4, 5 **Formula 750 Motorcycle Races**, Laguna Seca Raceway, Monterey.

Aug. 5, 12, 19, 26 **Sunday Afternoon Concert Series**, Forest Theatre, Mountain View at Santa Rita, Carmel, 2:00 p.m. Free.

Aug. 6 **Textile Exhibition** opens in the Alvarado Lobby, Monterey Conference Center. Exhibit sponsored by the Monterey Peninsula Museum of Art. Open Monday, Wednesday, and Friday 12-3 pm. Free.

Aug. 6-11
Aug. 10, 11, 12, **Hidden Valley Music Theater Ensemble** presents **CAMELOT**. Phone 659-3115 for ticket information and performance times.

16, 17, 19, 23, 25, 26, 31 **Summer Horse Show, Pebble Beach Equestrian Center, Pebble Beach.**
Aug. 14-19 **OSWC Fashion Show and Installation of Officers.** For details, see First Vice-President's Message in this issue.

Aug. 18, 19, 25, 26 **NPS Little Theater** musical production of "Beauty and the Lonely Beast." 2:00 p.m. King Hall, NPS. Admission: 50c.

Aug. 18 **Monterey Historic Automobile Races**, Laguna Seca Raceway. Tickets available at the NPS Recreation Office.

Aug. 19 **Concours d'Elegance**, The Lodge at Pebble Beach. Exhibit of classic, vintage and antique cars. Tickets: \$10 donation to United Way, Box 1926, Monterey, Ca. 93940.

Aug. 21-26 **Monterey County Fair**, Monterey Fairgrounds. 10 am to 10 pm daily, 10 am to 11 pm Saturday. \$2.00 general admission, \$1.00 for children. Discount for military personnel in uniform.

Aug. 23 **Children's Day at Monterey County Fair.** All children under 12 admitted FREE. Special children's activities.

Sept. 1, 2 **Santa Cruz-Monterey Transbay Race**, Hobie Fleet 222, Monterey Bay.

Sept. 3 **Labor Day** □

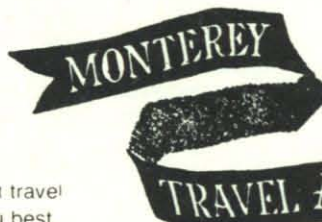


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Peripatetic Palate

By Kristina E. Kovach

When the urge for seafood strikes, and the restaurants on Fisherman's Wharf just don't seem fancy enough for a special occasion (although their food is quite good), go to Fisherman's Wharf #2, and eat at **The Rogue**. The restaurant is on the second floor, affording a beautiful view. To start your meal, the cocktail menu is huge and exotic; we especially recommend the strawberry daiquiris. All types of seafood are available, either "plain" or "fancy". Dick's sand dabs were very lightly breaded and fried to perfection, and came to the table with the bones already removed — a very much appreciated touch. (Having our meal cold by the time we finish removing the bones is a definite turn-off to us both.) I chose the shrimp/scallop combo; three huge broiled shrimp, plus nine scallops, wrapped with bacon, that had been broiled. The scallops were some of the most tender and flavorful that I have had on the Peninsula. My dinner came with rice; Dick had a choice of rice or potato. Both meals started with a choice of red or white clam chowder. We chose the white, which was exceptionally sweet and creamy. The salads come with choice

of dressing (all must be secret recipes, because they are really good and quite different from those usually encountered). The greens were very crisp, they had obviously been well-dried before the salad was tossed because each piece of lettuce was well-coated with dressing, and there was no disgusting puddle of water at the bottom of our dish. As a nice extra touch, a very generous handful of small shrimp sit atop the salad as a tasty garnish. The menu is huge, and if the other items are anywhere near our choices in quality, you will not be disappointed. We saw several of the seafood salads come from the kitchen, they looked delicious, as did the "Tournedos Oscar" — 2 thin filet mignon, topped with crab legs, served with asparagus spears lightly glaceed in bernaïse sauce. Prices for meals range from \$7.95 to \$16.95 for the lobster and steak. Whole Maine lobsters are also available at times and our waiter did not hesitate to point out that all the seafood dinners are fresh. Our bill for the two dinners, coffee, and our drinks came to about \$31 — \$23 if you forego the strawberry daiquiris. As far as dessert, we had no room, so we can't say.



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Chong's Cafe, 485 Tyler, downtown Monterey, offers a huge menu, much larger than any other Chinese restaurant we have been to thus far. The decor is not overly fancy, but the food is good, the portions ample, and the service has been quite rapid each time we have been there. (The **Palace Room** at the rear of the restaurant is decorated nicely and open in the evenings.) We chose the family style dinner at \$5.00 per person; there are several less expensive, and there is a huge one for \$9.00 per person which includes lobster. Our meal started with egg drop soup, which was passable (I have never cared for that type soup.) Contrary to most Chinese restaurants, they do not bring you a little plate of appetizers between the soup and the main course. However, when the main meal came, there were two fried prawns per person, and two brandied chicken wings for each, so it comes out about even in the long run. Appetizers may be purchased separately, and the barbecued pork is highly recommended. It is tiny medallions of pork, served cold — very lean and tender. The main meal, besides the shrimp and chicken, included sweet sour pork, fried rice, chicken almond chow mein, and beef with cashew nut. The pork was very lightly sour, which I appreciated and the amount of meat was very generous. The chicken was very good, with the vegetables being very nice and crisp, but we did feel that there could have been more meat. (We like the chow mein with the pan-fried noodles as opposed to the crispy, and suggest you also try it that way.) We could not fault the beef. Naturally, tea was served with the meal, and fortune cookies afterwards. Over-all, we rated Chong's very good — and prices we felt were very reasonable. The portions were large enough to leave you pleasantly satisfied, but not so large that you left with a doggie-bag. (Somehow, opening that little paper carton the next day and finding four different foods all mixed has never appealed to me.)

For the new students, and their families, welcome. This column has been running for a long time, so locate back issues for additional eating suggestions.



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NAVY BLEU

by Sharyn Daniels

Salmon

One of the many pleasant experiences that I had while living in Anchorage, Alaska was the delight of having freshly caught salmon to bake, barbecue or fry. My husband caught some delicious King Salmon, and I learned how to prepare it from several friends in our squadron.

Here are some of the terrific recipes from our Alaskan friends and our own recipe for barbecued salmon.

BARBECUED SALMON STEAKS

Salmon steaks or fillets
Lemon & Pepper Seasoning (Schilling)
Onion sliced, separated
Lemon rounds, thinly slices
Melted butter
Liquid Smoke

Baste salmon steaks with melted butter and liquid smoke. Sprinkle with Lemon and Pepper Seasoning. Cook first side about 15 minutes. Turn and repeat basting process, then place lemon rounds and onion slices on steaks. Barbecue until fish is flakey, approximately 15-25 minutes on second side, depending upon thickness of steaks.

JULIA'S SALMON CHOWDER FOR TEN

1 large can salmon (drain, flake & reserve liquid), OR 16 ozs. fresh or frozen salmon, cooked & cubed
1 c chopped onion
1 c. chopped celery
½ c. chopped green pepper
2 cloves garlic, minced
6 Tbl. butter
2 c. diced potatoes
½ to 1 tsp. pepper
2 c. diced carrots
½ to 1 tsp. dill weed
4 c. chicken broth
2 tsp. salt
1 c. chopped zucchini
⅔ c. evaporated milk
1½ c. whole milk (more or less to taste)
16 ozs. canned cream style corn
Fresh parsley

Saute onion, celery, green pepper, and garlic in butter. Add potatoes, pepper, carrots, dill weed, chicken broth, and salt; cover and simmer 20 minutes then add zucchini and cook 5 more minutes. Add salmon, evaporated and whole milks and creamed corn. Heat thoroughly. Garnish with fresh parsley.



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PAMELA'S SALMON AU GRATIN

½ small onion, finely chopped
1½ ozs. butter
1½ ozs. flour
10 ozs. milk
4 Tbl. any white wine
Pinch of salt and pepper
¼ tsp. oregano
4 Tbl. evaporated milk
2 hard boiled eggs, sliced
8 ozs. canned salmon (flaked & deboned), retain liquid OR 16 ozs. fresh or frozen salmon, cooked & cubed
2 Tbl. bread crumbs (for topping)
1 oz. grated cheese
Dots of butter (for top)

Bring milk to a boil, then pour into a jug. Rinse out the pan, and melt the butter. Add onion and cook gently until soft and golden. Stir in the flour. Take off the heat; add hot milk and whisk hard until smooth. Return to heat and add the wine, juice from salmon (or ¼c chicken broth), salt, pepper, and herbs. Bring to a boil and simmer for 5 minutes. Stir in evaporated milk. Carefully stir in the salmon and eggs and turn into a well-buttered shallow casserole dish. Mix the crumbs and cheese and sprinkle on the top; dot with butter. Bake in a hot oven (425 degrees) for 15 minutes or until brown and bubbly. Serves 4.

CELESTE'S SALMON CUBYAN

2 lbs. salmon steaks or fillets
½ c. onion, chopped
½ c. butter, melted
1 c. celery, chopped
¼ c. parsley, chopped
1 clove garlic, crushed
½ lemon
¼ tsp. thyme, powdered
1 bay leaf
¼ tsp. oregano crushed
2 tsp. salt
Dash pepper
3 c canned tomatoes
3 c cooked rice.

Cut salmon into serving size pieces. Using a small Dutch oven or deep frying pan with lid, cook onion and celery in butter til tender. Add all ingredients except fish and rice. Simmer for a half hour. Remove lemon, garlic, and bay leaf. Arrange fish in the sauce, and simmer without stirring for a half hour. Serve over cooked rice. Serves 6. □

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INTERNATIONAL MESSAGE

by Linda Jacobson

SMC 2337

The summer session of the International Cooking Class began July 24 with Henny Segaar demonstrating the cuisine of the Netherlands. Other countries represented in this session are Venezuela, Korea, Ireland and several others. If you would be interested in taking this class in the future, please call Julie Fox (646-8712).

A class in Basic Conversational English is being offered through the Committee for International wives. This class includes such things as accepted American slang, shopping at the commissary or the supermarket, ordering dinner at a re-

staurant, using the telephone and other things of this nature to make life in the United States easier and more enjoyable for the international wife. There is a fee of \$25.00 to be paid to the instructor. If you would be interested in joining such a class, please call Linda Jacobson (649-4892).

The International Committee and sponsors would like to extend a warm welcome to all those international families who have arrived this summer. We hope your stay here will be a pleasant one. □

With the summer quarter well underway and many new international families arriving every day, the next few weeks will be a busy time for everyone. Although many have just arrived and are anxious to relax after their long journeys, others are still talking of their trips during the break.

Internationals celebrated the beginning of the break with a three day trip to Lake Tahoe, Virginia City and Reno. Everyone enjoyed the beautiful natural scenery. Some had their first encounter with a "one-armed bandit." Most of us came home poor but happy.

On July 14 a large number of internationals and sponsors enjoyed a day of fun, food and games at the International Summer Picnic at Toro Park.

A day of wild western fun was enjoyed by all at the Salinas Rodeo on July 22. This is always a very popular event with both internationals and sponsors.

One of the most exciting events to date was the raft trip down the Stanislaus River in late July. This was a real adventure and a new experience for many of us.



Linda Jacobson and Pairoat Kaensarn enjoy themselves at the always popular International Cooking Class. Pairoat demonstrates Thai cookery.



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We hope you decide to join us. You're going to have a great time!

focus of the month

Abuse Hurts

By Marybeth Livengood

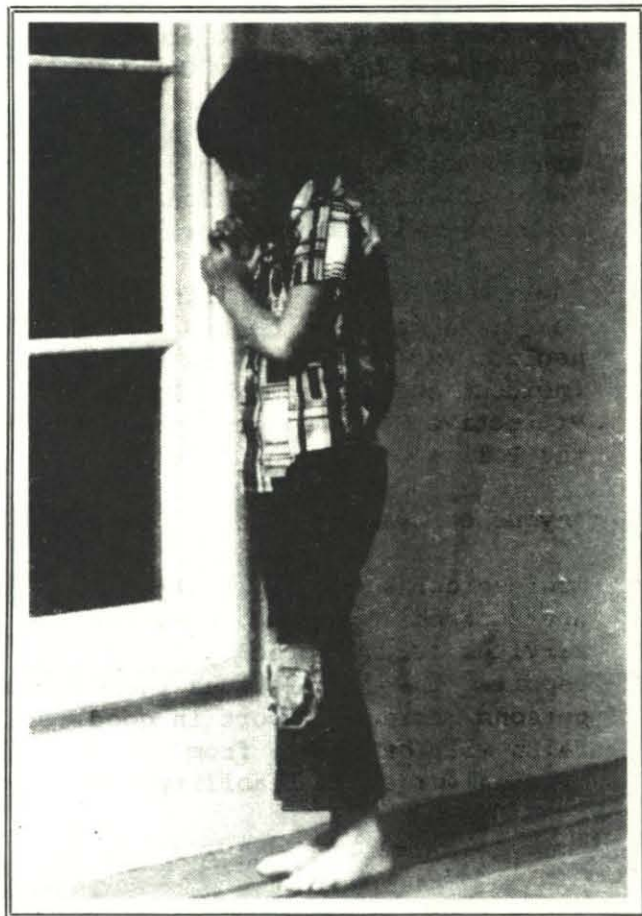
The willful injury of children is abuse. Abuse may be physical, emotional or sexual, and may also be general neglect and intentional deprivation.

Physical abuse mainly takes the form of burning or beating and is usually directed toward one particular child in a family. This child usually has evoked memories of someone hated by the abuser and thus must suffer the consequences of his or her appearance and/or actions.

Emotional abuse is, again, usually directed toward only one child. This form of mistreatment occurs when the parents continually berate a child for misdeeds, past and present, usually causing the child to develop a very negative self-image. Unfortunately, the effects of emotional abuse usually do not become evident until the child's later years, particularly when the child becomes a parent and repeats the actions of his/her parents.

Sexual abuse, our number one taboo, in many cases begins with innocent affection which rapidly grows into sexual involvement. Contrary to the prevalent notion of the child molestor, that of some stranger preying on unsuspecting children, 75% of the victims know the abuser and in 27% of the cases the abuser is a member of the child's household, in particular the step-father. In over half the reported cases, the child will not report the incident for more than a week for fear of the wrath of the parents and the threat of punishment.

When neglect is identified in a family it is usually found in all the children. Neglect may be lack of medical care, rest, proper clothing and proper nutrition. Many of these cases are not intentional, but are due to a lack of general understanding of basic child care. In such cases a social worker might recommend attendance at parenting classes. Since this type of abuse is highly visible, far more of these cases are reported, and when investigated by someone such as a Public Health Nurse, are found to be cases of differing life styles, not actual abuse.



During the third quarter of 1978, general neglect cases accounted for 65% of the abuse cases reported in Monterey County, physical abuse 23%, intentional deprivation 7% and sexual abuse less than 5%. (Nationwide, out of one million reported cases, a full 80% of these cases were for physical abuse.) County officials feel that the 3200 cases of abuse reported in Monterey County, 1600 of which were on the Peninsula, represent only 20 to 50% of the actual cases.

Military families on the Monterey Peninsula comprise 38.5% of the population yet account for only 25% of the reported abuse cases. Ninety-eight percent of these cases are from active duty homes.

A startling statistic reported by HEW for Hawaii in 1977 is that child abuse cases reported on Oahu by the military rose by 161% while reported civilian cases rose by only 22%. However, this apparent aberration is probably due to more efficient and realistic reporting procedures on the part of military officials.

According to available records, child abuse knows no social class, economic level, race, age or sexual boundaries. It is found in all walks of life, and interestingly enough, there are some common characteristics found in those who abuse children: immaturity, stress, frustration and low self-esteem.

What would cause a person to abuse a child? There are many speculations. In some cases there are family problems such as lack of communication or unemployment. In other cases the abuser had found it difficult to deal with his emotions and to accept responsibility for his own life. Others were abused as children and are now exhibiting a learned behavior, while others feel rejected by their children. Isolation due to a move to new surroundings with no money and no friends, drug and alcohol abuse, unrealistic expectations of children, single parenting and handicapped children can also be contributing factors in child abuse.

SOCIAL PROBLEMS

Initially, hitting or screaming at a child may get the parent's message across quickly, but what happens when these methods prove to be ineffective?

Parents who abuse their children usually feel guilty at first and want to do something about their mistake. Unfortunately very few make the initial step towards rehabilitation, for fear of losing custody of their children. Since most people will not turn themselves in, how are abuse cases reported? Reports of abuse come from many sources: clinics, spouses, social workers, child care centers, schools, relatives, neighbors, family doctors and hospital emergency rooms. Anyone who works with children is required by law to report suspected cases of abuse. Early reports are encouraged and no specific proof is required — you only have to suspect that a problem exists. Medical personnel are trained to diagnose the cause of childhood accidents and report those cases which are either questionable or recurring. Although child abuse deaths are not common on the Monterey Peninsula, at least half of the abused children will suffer further abuse which may seriously impair or kill them.

If you notify the police of a suspected abuse case, your identity will not be revealed to the accused party unless the case goes to court, and you are protected under the law from legal recrimination such as a law suit by the accused parents. However, if you file a false report to intentionally harass, you may be prosecuted.

When reporting a suspected abuse case, the police must be informed of whether or not the victim or victims are in immediate danger. If so, they will bring a nurse with them to investigate the report. If the initial report is substantiated, police have the authority to remove the child or children from the home if they feel there is a possibility of further abuse and to refer the case to the Child Welfare Society or Social Services for handling.

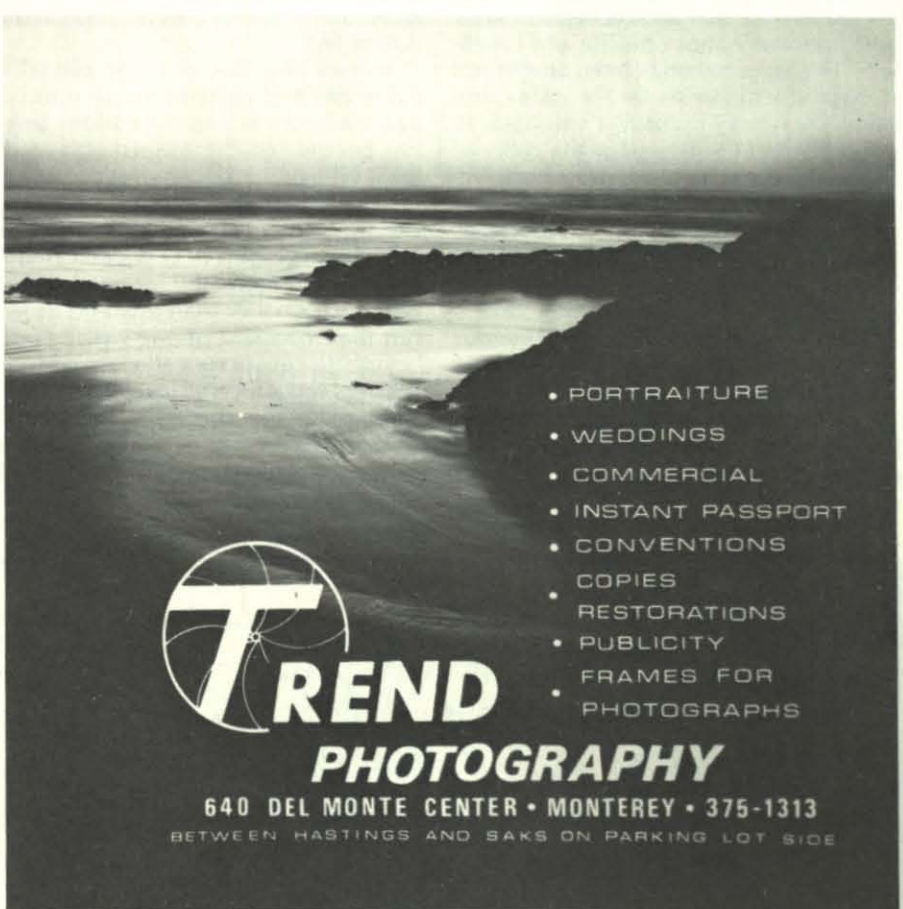
In California the police are responsible for the initial investigation of a case, whereas in some other states, social workers must handle the case from beginning to end. If the social worker deems the case severe enough, the case will go to trial. However, too many cases are difficult to prosecute due to the hesitancy of potential witnesses, particularly the spouse when he/she considers the consequences. (Spouses may testify against each other in child abuse cases.) If there is a conviction in the case, the parents are rarely jailed, but rather put on probation, even in the case of death.

Prevention of child abuse is difficult, but some professionals feel that there are certain danger signs that indicate abuse may arise, such as: single parents, unwanted children, divided families, lack of regular medical care for children, repeated emergency treatment and dependency.

The Social Work Services Department at Fort Ord has a Child Protection and Case Management Team which meets weekly to discuss child abuse cases that occur both on and off base. The CPCMT consists of social workers, psychiatrists, pediatricians, pediatric nurse clinicians, community health nurses, military police juvenile investigators, JAG representatives plus civilian workers from the Monterey County Department of Social Services and Public Health. This team shares responsibility and supports one another in this difficult and sometimes frightening line of work. Each case handled by the team has a manager who is ultimately responsible for his/her case. The families involved receive counselling, are helped through their crisis and are motivated towards stabilization.

The community also offers help to abused children and their parents. The Child Abuse Prevention Council is a referral and information source and is located at 500 Hilby Avenue in Seaside. To reach them call 394-2100 between 9:00 a.m. and 4:00 p.m. The Family Resource Center, also located at 500 Hilby Avenue is a respite care center where parents can bring their children for a short period when they feel that they are at the end of their rope. The center also offers many training classes to assist with parenting and stress control. Call 373-4421 24 hours a day. The Monterey County Department of Social Services at 271 Broadway in Seaside also has a 24 hour phone service available. Call 899-2571 between 8:00 a.m. and 5:00 p.m. and 373-8411 between 5:00 p.m. and 8:00 a.m.

Child abuse, though not a new problem, is on the rise. In order to control and hopefully eradicate this problem, there must be re-education and rehabilitation. To accomplish this there must be cooperation between social agencies (at the local, state, and federal levels) and the community. □



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A PHONE CALL AWAY ...

by Jennifer Taylor

Struggling out of a deep sleep brought on by a night of phone calls, the volunteer gropes once again for the ringing phone. She waits for a moment, clearing her dream-fogged brain, for she knows the person on the other end of the line will need her full attention. The voice belongs to one of the more than half a million persons who attempt suicide in this nation each year, and this person has called her in the small hours of the morning for help. The caller needs immediate reassurance and comfort. The volunteer has been trained extensively in exactly how to deal with the basic human needs of the person contemplating suicide, and this moment demands that she draw upon all her hours of training and apply them. The caller talks for many minutes, revealing his or her feelings, anxieties, hostilities and fears, always gently encouraged by the volunteer. The sense of support and security given by the volunteer calms the caller and he begins to talk more rationally about his life and loneliness. The volunteer has been taught not to make any demands on the caller, and especially not to point out solutions to problems, but to encourage the caller to decide upon a course of action that will alleviate his immediate suffering. It would be so simple, she thinks to herself, to tell this person exactly how to solve his problem, because it is so clear to me. But that is precisely part of the callers problem—that he cannot see his way out of the emotional mire he is in. Pointing to a simplistic solution only reconfirms to a potential suicide or depressed caller that there is indeed something very wrong with him since he was not able to come up with a quick answer.



**Monterey County
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649-8008

The hours of training pay off in the end, since this caller hangs up after about an hour, calmed and able to face another day of life.

Scenes like this one are played out every day and night of the year in cities and towns all across the nation. Suicide has become one of the nation's leading public health problems, occurring at a rate twice that of homicide, and accounting for some 25,000 victims each year. Thanks to a group of very dedicated and loving volunteers, the number is probably much smaller than it would be without their constant phone vigil.

Suicide cuts across all class and racial barriers and affects all levels of society. In addition to the suicide itself, the lives of many others, family, friends and co-workers, are also touched and affected in some way.

In Monterey County we are fortunate to have a group of volunteers just like the one above, people who have a great love for their fellow human beings and are willing to spend one or two sleepless nights in order to help those who have no one else to turn to, or talk to. If you feel you might benefit from being part of an association such as this, a volunteer training session will begin in September. Please call the Monterey County Suicide Prevention Center, 649-8008, and they will be glad to give you more information on the course. Remember, it is not easy. I know, I did it for two years. But it is good.

Help is only a phone call away. 649-8008. □

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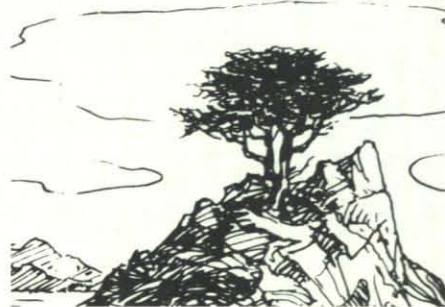
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Combating Teen-aged Crime: A Positive Approach

by Deborah Raines



"Three Youths Caught Stealing Bicycles"

"School Vandalism Reaches All-Time High"

"Juveniles arrested for Breaking and Entering"

The statistics scream at us from the headlines, the television set, the movie marquee. **U.S. News and World Report** sober us with the fact that \$600 million is spent each year repairing acts of vandalism in our nation's schools or preventing new outbreaks.

The newspapers report a 98% increase in crimes by youthful offenders in the last ten years. The Monterey Police Department reports that 50% of local arrests involve suspects under the age of 18. Security Police at the Naval Postgraduate School say that nearly all burglaries, robberies, and acts of vandalism in La Mesa Navy Housing are committed by juveniles, most of them residents of La Mesa.

Many law enforcement workers, social services personnel, and the public are quick to place the blame: sophisticated crime and violent stories on TV and in the movies, deteriorating home life, lack of community activities for teenagers, drugs and alcohol. The list of reasons stretch on and on, as long as the list of crimes committed. But what's being done about the problem?

Several east coast cities have set up "Outward Bound" programs which teach skills such as mountain climbing and outdoor survival to minor offenders. The program is designed to instill self-confidence and the ability to work together with others, and it significantly cuts the incidence of repeat offenses.

In Peoria, Illinois, a non-profit organization called Phoenix Products and Services deals with ex-offenders on probation. Chartered by the state, the corporation contracts with private businesses to do menial, non-technical, dirty jobs that

private workers are unwilling to perform. Pay is under \$3.00 an hour, but there is an incentive: the staff recommends workers for jobs in the private sector, and have been successful in placing nearly 80% of the participants thus far.

On the local scene, the Monterey Police Department sponsors a Community Work Program designed for use with first and second time offenders of minor offenses. According to Officer Ron Fulkerson to the Juvenile Division. "We wanted to provide an alternative, to fill a void we felt was present in the juvenile justice system. This program replaces verbal warnings, which are basically negative, with a much more positive reaction."

Under the program, a youthful offenders is sentenced to work for a certain number of hours in a community project. Officer Fulkerson interviews each candidate and explains that the proper work attitude is expected or the offender will be returned to the juvenile system.

Assignment is made to the Parks and Recreation department, the Harbor Master, the City Library, or the SPCA. Participants do light manual and clerical work under a supervisor who keeps track of hours worked and the general attitude and performance of workers.



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The program, started in 1964, has had some very positive results.

"We have approximately 150 juveniles per year involved in the project producing between 1500 and 2000 hours of work benefiting the city. In the past, we've had mainly boys in the program but recently we've had some girls involved too. Out of this group, I'd say we have a 90% success rate, with only about 10% of our participants becoming repeating offenders," said Fulkerson.

Fulkerson feels that parents can play an important role in preventing youthful crimes by encouraging openness with their children, keeping lines of communication open, and questioning changes in attitude and behavior.

"So many of the kids we see are involved with alcohol or drugs, and this involvement nearly always produces a change of some sort. If the parents are perceptive, they often can pick up on these things before they get out of hand."

Another way juvenile offenses can be curtailed is by removing the source of temptation. Assistant Chief William Talbert of the NPS Security Police had these comments and recommendations regarding the community in general and La Mesa Village in particular:

* Always lock doors and windows when leaving the house, even for a short time.

* Don't leave bicycles and other items lying around as these are commonly stolen items. (A grim reminder sat in Talbert's office. A ten-speed bike, included in recently-recovered stolen property, had the lock neatly coiled around the seat. Reserved, perhaps, for use when traveling in a "not-so-safe" section of town.)

* Mark all valuable property with an engraving tool and record serial numbers. Engraving tools are available free of charge at the NPS Security Office and the Monterey Police Department.

* Be aware! Know your neighbors, your neighborhood cars, the general routine on your street. Get descriptions of strange vehicles and unfamiliar people. Call the Security Police whenever you see something suspicious, no matter how trivial it may seem. Your information may be just the break they've been looking for. In 48 burglary and theft cases this year in La Mesa, only 4% have been closed due to lack of information.

The teenage crime problem is a serious one, with no quick and easy solutions. But with community action and awareness, dedicated juvenile workers and programs accentuating the positive rather than the negative, we just might be on the right track. □



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The "Clap" is Not Applause

By Suzanne Rathbun



Venereal disease (VD) once was thought to be completely conquered thanks to modern drugs, especially penicillin. However, the 1960's and 1970's have shown an upsurge, and it's returning in greater force than ever before here in Monterey, in the United States, and in the world. It has been the subject of intense research as well as neighborhood gossip, yet it remains one of man's greatest medical and social problems.

The statistics will never be accurate as to exact numbers of infected people, for obvious reasons. Many do not have symptoms, some recognize the signs but do not seek care, many are geographically removed from medical facilities, some are just ignorant about health care, but first and foremost, of those who do seek help, it's estimated some 50% are not reported by their private physicians. Thus, when the Public Health Service reported annual figures for 1978 of 50,000

new cases of syphilis and 800,000 for gonorrhea, the estimates were 110,000 and 2¼ million respectively. According to the *American Medical News*, in the United States VD as a communicable disease is second only to the common cold.

This tremendous explosion has been attributed to several factors: ignorance, relaxed sexual mores, greater mobility of population, uncooperative doctors, insufficient public health funds and increased promiscuity among younger people (age 25 and under). Hopefully this new frankness toward sexual matters can also lead people to a greater awareness of the true nature of the VD problem. We can hope for reemergence of prevention of infection as the primary disease control mechanism only by educating all sectors of society, using organized education, mass media, and the public health department to eradicate the misconceptions of VD.

Syphilis, caused by the spirochete *Treponema pallidum*, is the most serious venereal disease as in its final stages it can cause destruction of body organs and eventually cause death. The spirochete, a spiral-shaped bacterium, is sensitive and dies rapidly outside the human body. Therefore, it can only be acquired by intimate physical contact with genital, rectal and/or oral regions of an infected person.

The first of three stages in this disease is called primary and is characterized by a single, painless ulcer (chancre) where the spirochete entered the body and it appears from 2-6 weeks after exposure often accompanied by swollen nodes (lymphadenitis). Even with this visible symptom, many people only discover the disease after a positive blood test, usually a VDRL or an STS.

The passing of the chancre heralds the end of the primary stage and the beginning of a secondary incubation period, during which time the treponemes are increasing in the bloodstream, setting up "pathologic campsites" in the body. This period of several months ends when the secondary stage begins and the patient develops a red-brown rash all over or on any part of the body (often the palms of hands and soles of feet). Other signs are low grade fever, general malaise, and loss of hair.

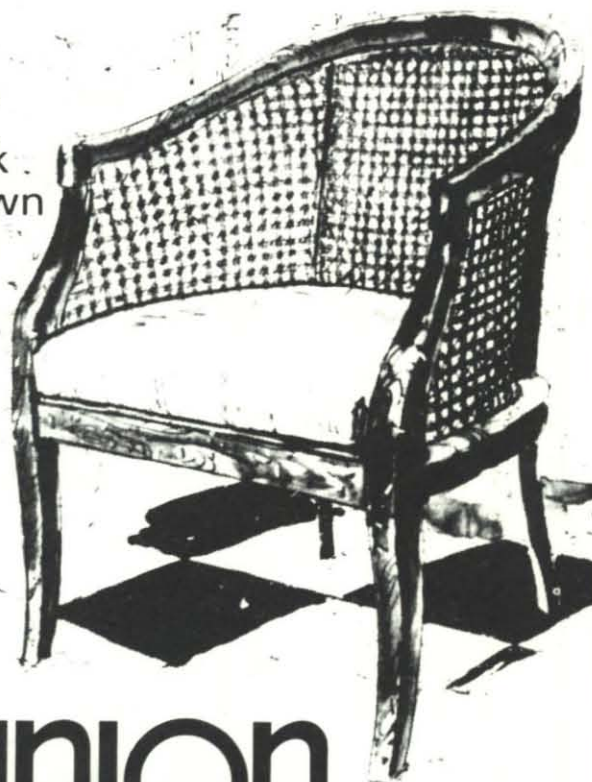
After the rash disappears, it enters a latent stage where the patient is asymptomatic and this may last a few months to

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several years. Once tertiary, or the final stage begins, the treponema begin steadily destroying normal tissues and can lead ultimately to sterility, senility, and death.

There are several tests to determine whether a chancre is a chancre. A dark-field slide preparation examining a drop of exudate under the microscope can only be made when the chancre is there. Therefore, blood tests, or serologies, are done via VDRL or STS looking for antigen-antibody reactions.

Prevention of this serious disease is two-fold. The first is not to enter into intimate contact with infected persons or to use prophylactic condoms. Once the disease is contracted, treatment is usually a series of injections of long-lasting penicillins. It is hoped that eventually a vaccine will be available to prevent this disease, which can seriously affect the unborn or an infected mother.

Gonorrhea, caused by the bacterium *Neisseria gonorrhoeae*, is the most common venereal disease and untreated or after many re-infections can cause sterility. The bean-shaped diplococcus appears in pairs and is destroyed rapidly without a human host. Therefore, it too is only contracted via intimate transfer from an infected person.

There are two tests to determine whether GC is present. Because of the male anatomy, they can get a sample of the exudate to be gram-stained and diagnosed under the microscope. A culture medium called chocolate agar is also inoculated to perform a confirmatory test.

Prevention of the "friendly sterilizer" is similar to syphilis since condoms or abstinence will prevent infection. Once infected, oral PCN with Benemid, injectable PCN, or tetracycline can be used. The most dramatic development in control and prevention relates to gonorrheal conjunctivitis in the newborn. Silver nitrate drops are by law instilled in every infants eyes at the time of delivery to prevent congenital blindness.

Chancroid, caused by the bacterium *Hemophilus decreyi*, is a localized genital ulceration, seen more often in men than women. Often mistaken for syphilis, this disease has a short incubation period and when they rupture, many painful ulcers appear along with localized swelling.

Diagnosis is made by microscopic exam, as stains, cultures, and blood tests are not accurate. Antibiotics, sulpha drugs, and tetracyclines are all effective treatment modes.



Genital Herpes, caused by the virus herpes simplex II, is becoming more prevalent and is the most "troublesome of all vaginitides". It is similar to the herpes that causes cold sores in the mouth. Once infected the virus never goes away, it retreats into nerve tissue and can be reactivated periodically.

These painful ulcers have the same prevention as discussed previously. Once infected, there is no cure but often sedatives, local anesthetics, and soaking in a hot tub may relieve the discomfort.



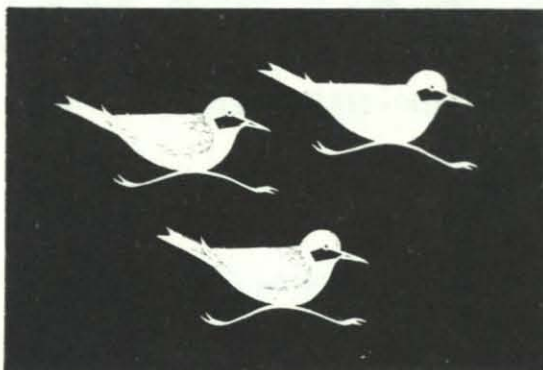
GC in the male is usually characterized 2-14 days after infection by painful pus-like discharge from the urethra. Since 80% of males have this symptom, most are quickly aware of a problem and most seek treatment. The remaining 20% continue to unknowingly infect willing victims.

GC in the female presents a varied picture. Symptoms may be present, but the nature of the reproductive system along with the menstrual cycle often masks any signs. Some 50% do not know they are infected and the consequences are obvious.

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The subject of venereal disease brings everyone to attention and bristles many a back, but that is necessary because until we all take some stand, this problem will continue to plague the world. In closing, I quote an apt finish to this work from Dr. John W. Grover's book, *VD - The ABC's*. The six thoughts of Dr. Grover on VD are:

1. Adults, young people and society in general must accept that we have a medical and social problem of major dimensions. VD has become the second most common communicable infection.
2. Parents and other adults need to create and provide for the young an appropriate education that gives them facts about sexuality, reproduction, venereal diseases, and drugs. Homes, schools, and religious institutions should all participate.

3. Learning to make responsible decisions is of equal importance to men, women, and children. Responsible decisions lead to appropriate actions.
4. The importance of caring for each individual as a person, whether it be self or another person, must be taught and lived by adults. Young people will then learn both by precept and example.
5. Each of us must realize that in the final analysis, the sexual experience involves only two persons, eyeball to eyeball, and body to body. Within that personal contact, we must care for one another, and make decisions that consider consequences as part of actions taken.
6. VD IS PREVENTED BY PEOPLE." □

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You Don't Have To Take It Anymore

by: **Caroll Pilcher**



Serious bleeding injuries: damaged spleens, kidneys and punctured lungs. Cracked vertebrae, skulls, pelvises, broken jaws, arms and legs. Burns from cigarettes, stoves, irons, acid and scalding liquids.

Victims of domestic violence suffer from these symptoms. And it happens every day.

The battered woman is stereotyped as a small, fragile, haggard person from a minority group accustomed to living in a violent environment. Some battered women fit this description but research has proven it to be a false image. Many of these women are large enough to defend themselves physically and most are from middle and upper income homes with financial control in the hands of their husbands.

Battered women often describe their

background as non-violent and had fathers who traditionally treated their daughters as fragile dolls. This pampering and sex-role stereotyping taught them to feel incompetent to take care of themselves. Their husbands were expected to care for them as their fathers had done. The wife beater starts to "teach her a lesson" and accompanies the slapping with punches and kicks as the violent mood continues. During his loving periods though, he is affectionate and generous. One extreme form of behavior flows into the other. A staple characteristic of the wife-beater is jealousy and possessiveness. His insecurity forces him to become overly-involved in the woman's life and constantly fear other relationships with men and women that she may have. Usually, the jealousy is unfounded.

These men frequently come from violent homes and were beaten themselves as children or experienced a general lack of respect for women. Unusual relationships with their mothers is very often an ambivalent love/hate situation. His mother generally has a good deal of control over him and acute battering incidents are triggered by a visit to the wife beater's mother. He has a history of being a loner and will only develop superficial social involvements.

General descriptions of a wife-beater may include: having low self esteem, belief in male supremacy, pathological jealousy, having severe stress reactions and using drinks to cope, the frequent use of sex as an act of aggression and believing his behavior should not have negative consequences.

Police protection is grossly inadequate for battered women — as soon as they leave the abuse resumes. It doesn't take long for the woman to realize that calling the police will result in another beating. Approximately, 50% of fatality in battering relationships had called for police intervention at least five times prior to their deaths. The most effective police procedure would be to treat domestic violence as an assault and arrest the wife-beater. The police should also sign the complaint so the state will be responsible for pressing charges. Most officers interpret the woman's reluctance to sign a complaint as a desire to remain battered when the real reason is fear of punishment. Eighty per-cent of prosecuted men will obey a court restraining order due to their fear of arrest and being in trouble with the law.



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Immediate prosecution can diminish the rate of violence against women; why is it so rarely used? The basic reason is social mores that permit a husband to beat his wife in the name of discipline; it pervades the very basis of our judicial system. The fact that a woman has continued to live in a violent environment is used to her detriment in legal proceedings. It's a vicious circle for the battered woman without friends or families to support her.

If you are associated with a woman who is being battered, you *can* help.

1. Keep a record of incidents and include color photographs showing bruises.
2. Collect torn, blood-stained clothing.
3. Describe the incidents in detail and be willing to testify in court.
4. Be aware of the financial difficulties the woman will be undergoing during the legal proceedings.
5. Try to have the battered woman admitted to the hospital where both parties are forced to deal with the consequences of violence.
6. Recognize the woman's hesitation to admit the problem exists because of her own shame and guilt. She may believe that becoming a less provocative object would change her husband into a model person.
7. Group therapy would associate the woman with others in her predicament. Her spouse should also be in a therapy situation in order to learn different methods to vent his anger/fear/aggression.
8. Support legislative changes to try these cases in civil courts. There, all separation and restraining orders, maintenance payments, child custody and visitation rights may be decided at the same time.

A battered woman needs someone that is able to recognize the problem and is willing to help. Don't automatically dismiss her as a weak person and berate her inability to get out of the violent situation. Be supportive.

For more information you may write to:
Center for Women Policy Studies
2000 P Street, N.W. — Suite 508
Washington, D.C. 20035

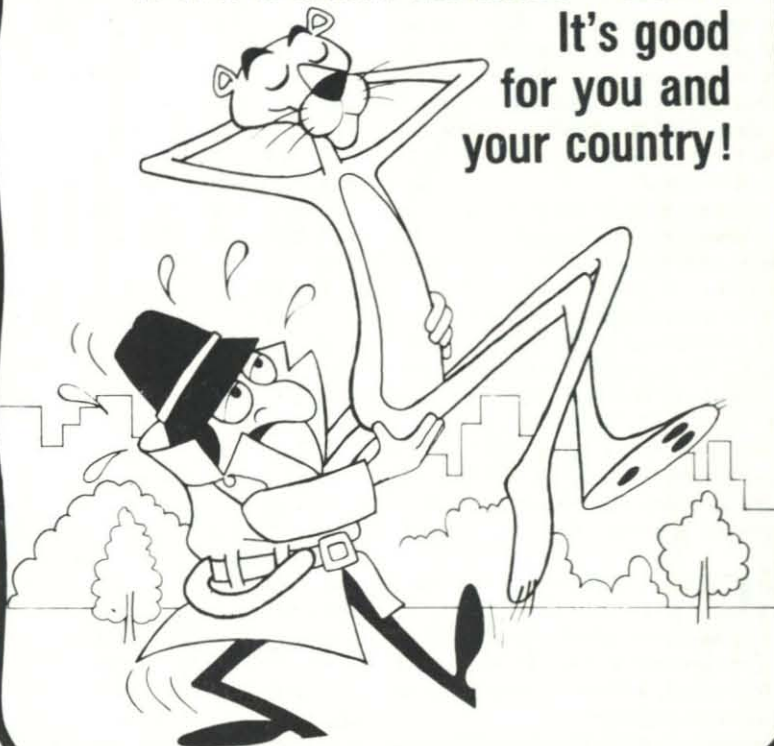
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Everybody Talks About it, but —

By Carroll Pilcher

What can be said about alcoholism that has not been said before? How may we address the issue of the most common, socially acceptable drug abuse affecting our nation? Who will continue to read an article about the most talked about disease without becoming bored with rhetorical clichés?

With a great deal of personal discomfort, I questioned my hesitation to present facts and figures, using scare-tactic statistics for re-enforcement. Then, I came upon a fascinating discovery. There is one feature about all the articles in this issue of *Classmate* that have a common bond, one cohesive factor; alcohol abuse.

One-third of all reported child abuse cases are linked directly to alcohol and indirectly in many more cases of family problems in general, leading to such abuse.

Dealing with adolescents under the age of fifteen who have themselves become involved with alcohol and/or drug abuse, prostitution and venereal disease — approximately 44% of them were sexually abused as children.

Alcohol is a contributing factor in over 40% of all suicides. The prison population in this country consists of people who have committed crimes because of or during alcohol abuse; about 60% of them. Property destruction or vandalism, committed by teenagers, credits alcohol as a factor in over 45% of the cases. Twice as many young people drink alcohol on a regular basis as opposed to smoking marijuana; most use both. The degree of usage also correlates — heavy drinking, heavy smoking.

I could not eliminate the use of some statistics; they were quite revealing. The most noticeable fact is the presence of alcohol in so many social problems plaguing us today. The same personality profile fits a potential suicide, a child abuser, a wife-beater or an alcoholic. The person has low self-esteem, emotional extremes, suffers from insecurity and has difficulty establishing sincere relationships.

Ten percent of American drinkers are alcoholics — not social drinkers, but alcoholics. Most of these people are married, employed and have family responsibilities; fewer than 3% are the "skid row" types. You probably know at least one alcoholic.

During the past few years, as we have become more enlightened about the subject of alcoholism, every magazine seemed to publish a list of danger signals that could indicate a drinking problem. We know all the things to watch for, but we may not know what to do about them or exactly how far along in the deterioration process that person may be. The road to recovery for an alcoholic is equally difficult and complex. I have included a chart that will assist you in determining the degree of cruciality.

Alcohol consumption is still generally acceptable, encouraged and expected in some social settings. Bumper stickers reading, "A balanced diet is a drink in both hands," exemplifies our casualty. Our society imbibes tremendous quantities of alcohol in the name of fun, relaxation, depression or celebration. Most people can handle the correct amount of social drinking — 10% of us cannot. We

have to help them; here are some suggestions:

1. Face the truth. Don't try to protect everyone by hiding the problem.
2. Learn about alcoholism; the availability of material is tremendous.
3. Maintain a healthy home atmosphere; an isolated family can't help.
4. Be compassionate; let the alcoholic know you still love them but don't approve of the drinking.
5. Understand your own emotions, depression, anger, guilt. Don't take the blame; you are not the cause.
6. Be prepared to leave or have the alcoholic leave if he refuses treatment, especially if violent scenes occur because of the drinking.
7. Realize the possibility of alienating the problem drinker if you use threats, bribes, ask for unrealistic promises or attempt to hide bottles, etc.

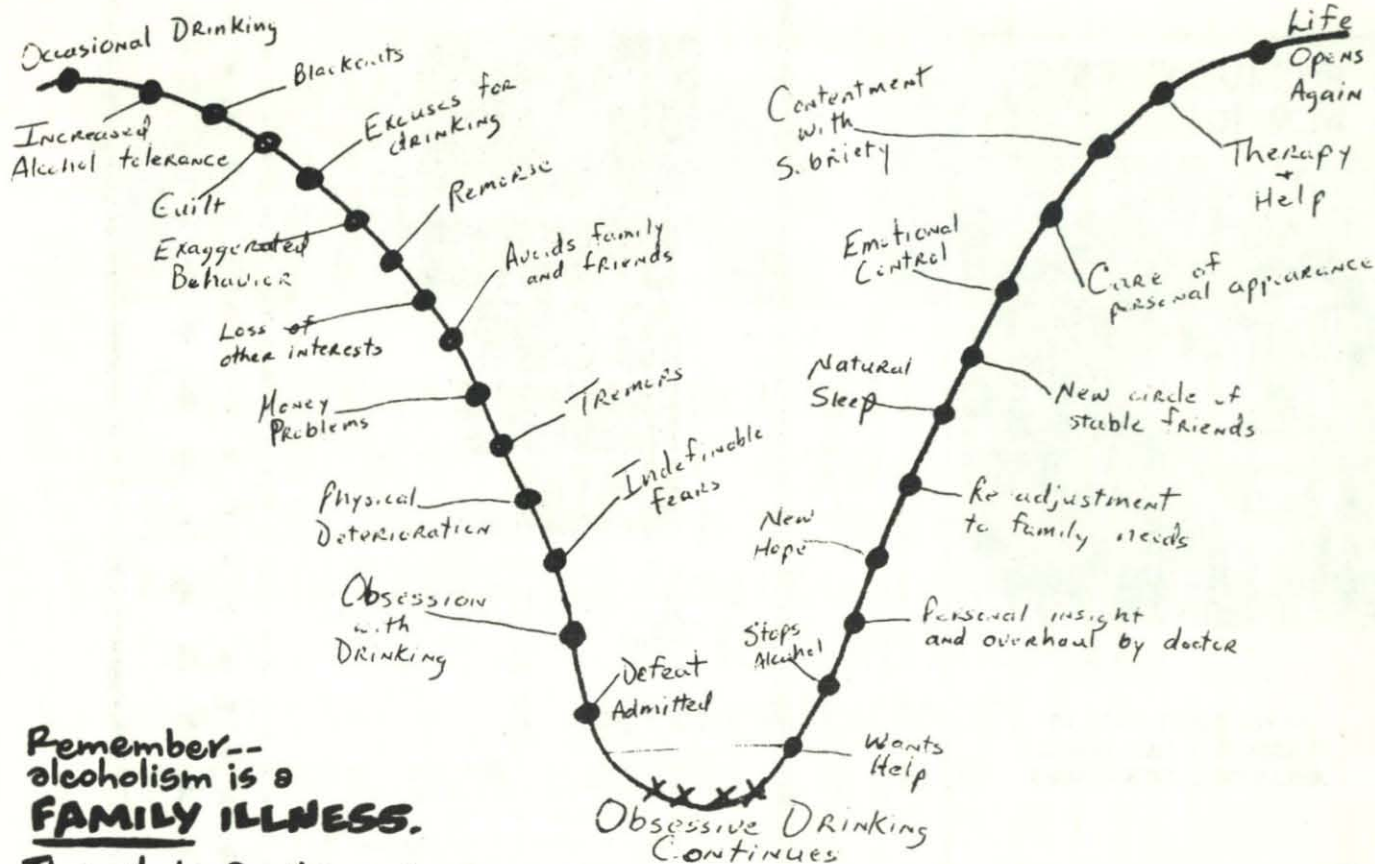


When the individual is ready for treatment or help he may want to contact the family doctor for advice; for most of us that would mean the Presidio. They will be able to refer the drinker to the proper facility. Confidentiality is promised and counseling will be provided through the appropriate mental health program. Alcoholics Anonymous has a 24 hour line call 373-3713.

For information you may contact the Alcoholism Service, 373-0717 or the Alcoholism Council of Monterey Peninsula, 373-0966. Al-Anon provides help to the families of alcoholics; their number is 649-1439.

An alcoholic is a person who can't keep drinking under control — even when it hurts health, job, mind and family. It's difficult to admit that a person you love is an alcoholic ... and even harder to help that person get well! Alcoholism is not hopeless and you are not helpless; reach out. □



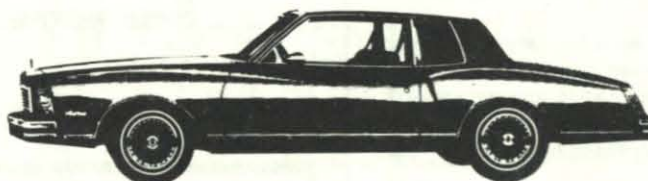


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